

Pos	M/F Pos	No	Name		Cat		Club	Swim	Pos	Run	Pos	Total	Points
1	1	49	Sean	Watson	M	Youth		00:06:22	1	00:11:35	1	00:17:57	1000
2	2	17	matthew	ellis	M	Senior	Tri-Anglia	00:06:49	3	00:11:55	2	00:18:44	958
3	3	13	Mark	Drake	M	Veteran	Rock Estate	00:07:35	10	00:12:06	3	00:19:41	912
4	4	48	Gareth	Walker	M	Senior	Tri-Anglia	00:06:56	4	00:13:00	8	00:19:56	901
5	5	11	John	Crooks	M	Youth	City of Norwich	00:07:02	6	00:13:27	11	00:20:29	876
6	6	38	Paul	Pester	M	Veteran		00:07:19	8	00:13:13	10	00:20:32	874
7	7	35	Iain	Milligan	M	Senior	West Suffolk Tri	00:07:58	12	00:12:35	5	00:20:33	873
8	8	31	Perry	Mann	M	Senior		00:09:06	25	00:12:08	4	00:21:14	845
9	9	8	Anthony	Buckley	M	Youth		00:06:47	2	00:14:32	22	00:21:19	842
10	10	40	Keelan	Pywell	M	Youth		00:07:24	9	00:13:57	13	00:21:21	841
11	11	6	Rick	Berry	M	Senior	Ipswich Tri Club	00:08:33	20	00:12:58	7	00:21:31	834
12	12	57	Alex	Pennington	M	Senior		00:07:01	5	00:14:41	23	00:21:42	827
13	13	56	Jonathan	Comyn	M	Senior		No Split		No Split		00:21:49	823
14	14	28	john	jacobs	M	Senior		No Split		No Split		00:21:51	822
15	1	41	Kelly	Pywell	F	Youth		00:08:01	13	00:14:13	16	00:22:14	807
16	15	7	Lee	Bircham	M	Veteran	Rock Estate	00:08:49	21	00:13:30	12	00:22:19	804
17	16	53	Tom	Ames	M	Senior		00:08:08	14	00:14:20	19	00:22:28	799
18	17	30	paul	kemp	M	Veteran	Tri-Anglia	00:08:13	15	00:14:26	21	00:22:39	792
19	18	46	Martyn	Stacey	M	veteran		00:08:31	19	00:14:18	18	00:22:49	787
20	19	22	Dale	Gowen	M	Veteran	Rock Estate	00:10:02	29	00:12:54	6	00:22:56	783
21	20	15	Tim	Earl	M	Senior	Rock Estate	00:09:54	27	00:13:08	9	00:23:02	779
22	21	51	Jim	Keeble	M	Veteran		00:08:16	16	00:15:01	25	00:23:17	771
23	2	52	Kim	Reader	F	Veteran		00:09:08	26	00:14:16	17	00:23:24	767
24	3	14	Lynsey	Dunne	F	Senior	Tri-Anglia	00:08:56	23	00:14:55	24	00:23:51	753
25	22	26	Ian	Hacon	M	Veteran	Tri-Anglia	00:10:13	32	00:13:58	14	00:24:11	742
26	4	2	karen	archbold	F	Veteran		00:08:54	22	00:15:28	29	00:24:22	737
27	23	39	Alan	Pledger	M	Veteran		00:10:08	31	00:14:21	20	00:24:29	733
28	5	23	Julia	Green	F	Senior	Tri-Anglia	00:07:37	11	00:16:57	34	00:24:34	731
29	24	4	antony	bell	M	Senior		00:09:05	24	00:16:05	31	00:25:10	713
30	25	1	Ron	ames	M	Veteran		00:10:00	28	00:15:15	26	00:25:15	711
31	26	43	Bruce	Rayner	M	Veteran	Bungay Black Dog	00:11:21	37	00:14:01	15	00:25:22	708
32	27	19	Mark	Ford	M	Veteran		00:10:30	33	00:15:23	28	00:25:53	693
33	28	24	chris	groves	M	Veteran	Tri-Anglia	00:10:47	34	00:15:21	27	00:26:08	687
34	29	9	simon	bunting	M	Veteran		00:08:29	18	00:17:46	36	00:26:15	684
35	6	20	claire	forrester	F	Senior	March Athletic Club	00:11:13	36	00:16:23	33	00:27:36	650
36	30	16	mark	elflett	M	Veteran	lowestoft road runners	00:12:06	38	00:15:35	30	00:27:41	648
37	7	29	Waters	Karen	F	Veteran	Bungay Black Dog	00:10:55	35	00:17:40	35	00:28:35	628
38	31	32	Miles	Marchment	M	Senior		00:10:05	30	00:19:16	39	00:29:21	612
39	8	44	VICKI	ROBERTSON	F	Senior	Harwich Runners	No Split		No Split		00:29:25	610
40	9	45	philippa	rudd	F	Veteran	Tri-Anglia	00:13:13	40	00:16:16	32	00:29:29	609
41	32	33	Lee	Mathews	M	Senior		00:12:33	39	00:17:51	37	00:30:24	590
42	33	21	RICHARD	FRIZZELL	M	Senior		00:14:09	41	00:18:47	38	00:32:56	545
43	10	55	Anne	Floerence	F	Veteran		DNF		00:00:00		DNF	#####
44	34	36	Mark	Nowell	M	Veteran	Tri-Anglia	00:07:16	7	DNF		DNF	#####
45	35	54	Mark	Ames	M	Senior		00:08:28	17	DNF		DNF	#####

**Race Points**

A thousand points is awarded to the race winner. Points for other finishers are allocated according to their finish time in relation to the winners time  
 i.e. (Winners Time / Your Time) x 1000